

ABSTRACT

The invention relates to a method of treating and preventing ageing of the pilosebaceous unit and/or alopecia in human through the administration of taurine and/or hypotaurine and/or the acceptable salts thereof in an oral composition. Specifically, the invention relates to a method of treating and preventing miniaturization of the hair follicle. The invention also relates to the use of polyphenols to achieve these same ends. Finally, the invention relates to oral compositions that include polyphenols or taurine and/or hypotaurine and/or the acceptable salts thereof as active ingredients.